

Mental Health Task Force
5-10-2018

- I. Welcome from chair Erica Wise
 - a. Introduction of Adam Ramsay, stepping in for Priya Sridhar for summer/fall
- II. Student perspective presentations continued – Sri Kalyanaraman
 - a) MAD Framework for graduate student (and undergraduates) mental health
 - a. Means – students’ means affect their access to care, both as students and if they have to take a leave of absence from their programs
 - b. Attitude – graduate students in particular frequently have beliefs that they are adults and should be able to handle problems without outside help
 - c. Dependents – graduate student mental health is impacted both by dependents (children, spouses, family members) and the people they depend on (faculty, staff, family, friends, etc)
- III. CAPS Overview – Allen O’Barr
 - a) Review of national, UNC, and CAPS survey data about college student mental health
 - b) Introduction to CAPS services
 - a. Strong focus on same day service
 - b. Counselors on call 24-7; after hours phone number is for health line nurses that will connect students to a counselor as needed
 - c. There is no session limit, but CAPS operates on a brief therapy model
 - i. Brief therapy addresses acute concerns
 - ii. Long term therapy addresses underlying problems and patterns
 - iii. Provider judgment is used in determining how many sessions a student receives at CAPS prior to referral to community therapist
 - d. CAPS offers medication management with no session limits
 - c) Presentation to be continued at next meeting
- IV. Next steps
 - a. Next meeting will be scheduled soon
 - b. Next meeting will continue the CAPS overview and work toward identifying how to break work into smaller groups

Absent: Winston Crisp, Ed Fisher, Rebecca Gibson, Atiyah Hamilton, Manny Hernandez, Hoi Ning Ngai, Bob Pleasants, Savannah Putnam